



Daily Special
 Includes fruit and vegetable choices,
 whole grain breads and rolls and milk.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken & Cheese Quesadilla	2 Chicken Parmesan Sandwich	3 Baked Cheese Quesadilla
6 Walking Tacos W/Sour Cream	7 Breadsticks W/Marinara	8 BBQ Rib	9 Western BBQ Burger	10 Grilled Ham & Cheese
13 Chicago Style Hot Dog	14 Baked Cheese Quesadilla	15 Salisbury Steak	16 Chicken Nuggets w/Waffle & Syrup	17 Baked Macaroni and Cheese
20 *BBQ Rib Sandwich	21 *Bacon Cheeseburger	22 Chicken Parmesan Sandwich	23 Meatball Bomber	24 Popcorn Chicken Bowl
27 No School	28 No Lunch	29 No Lunch	30 No Lunch	31

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Regular or Spicy Chicken Sandwich
Grilled Burgers, Make your own Deli Station,
Nacho Supreme/Taco Bar**

Daily Choices
 Daily Pizza Options
 Fresh Deli
 Fresh Salads

Cheese V Pepperoni	Stuffed Crust V Cheese	Cheese V *Sausage	Stuffed Crust Cheese V	Cheese V Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Chicken Caesar Salad**	Chef Salad**

V=Vegetarian option available
******Served with a roll
*****Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.

This institution is an equal opportunity employer.



Sycamore HS May 2019

Lunch
\$2.70
 A variety of milk is included with meal

Milk
\$.55
 A Variety of Milk is Available Daily

Arbor A+ Nutrition Mission
 To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

~Arbor Management~

Make Choices for a Healthy Lifestyle!



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?
 Sophie Stuebinger
 sstuebinger@syc427.org
 (815) 899-8160

Comprehensive nutrition & allergy guides are available in the Foodservice Office.

